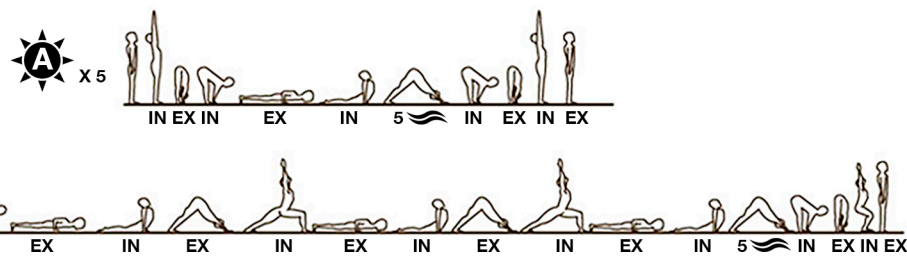


ASHTANGA YOGA

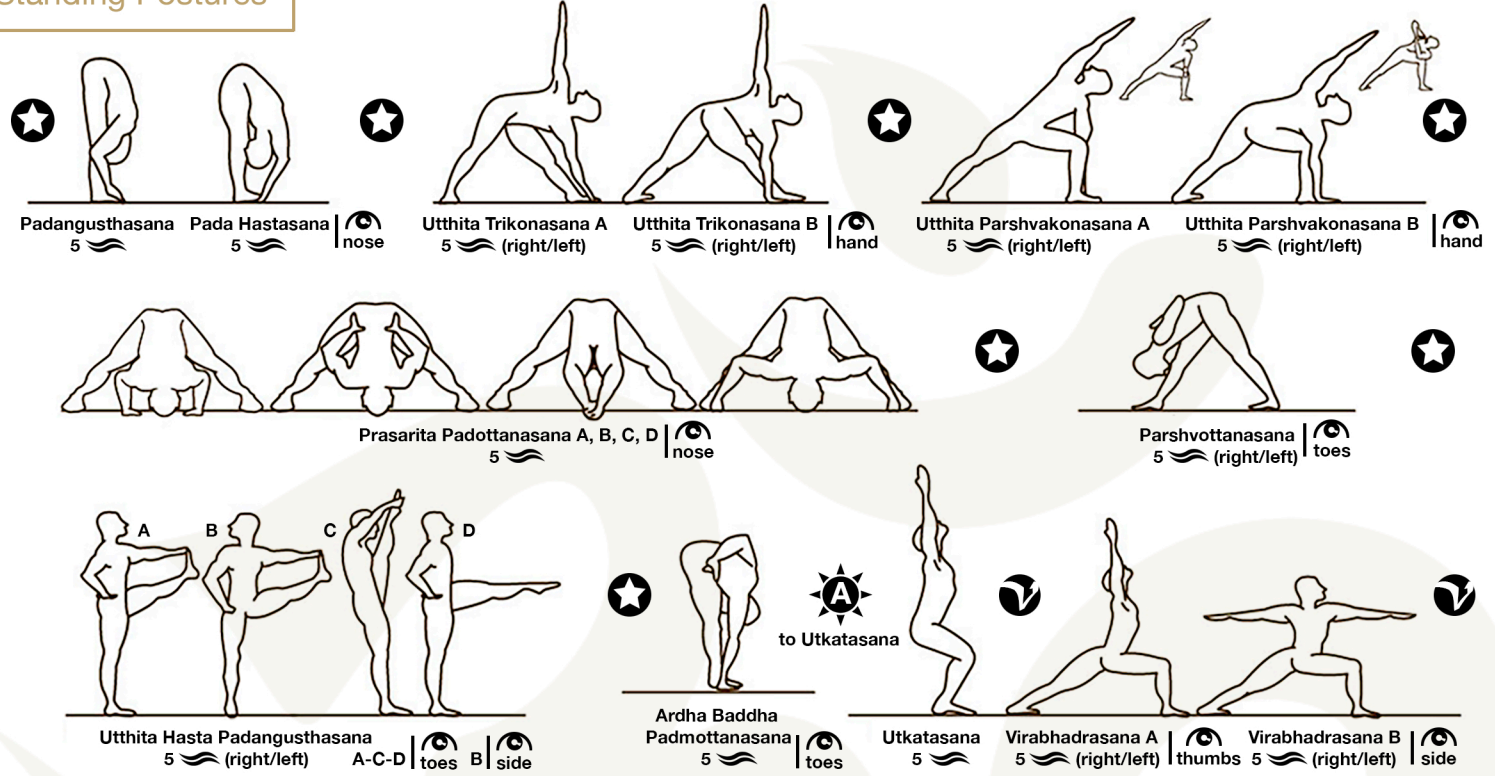
YOGA CHIKITSA
Primary Series

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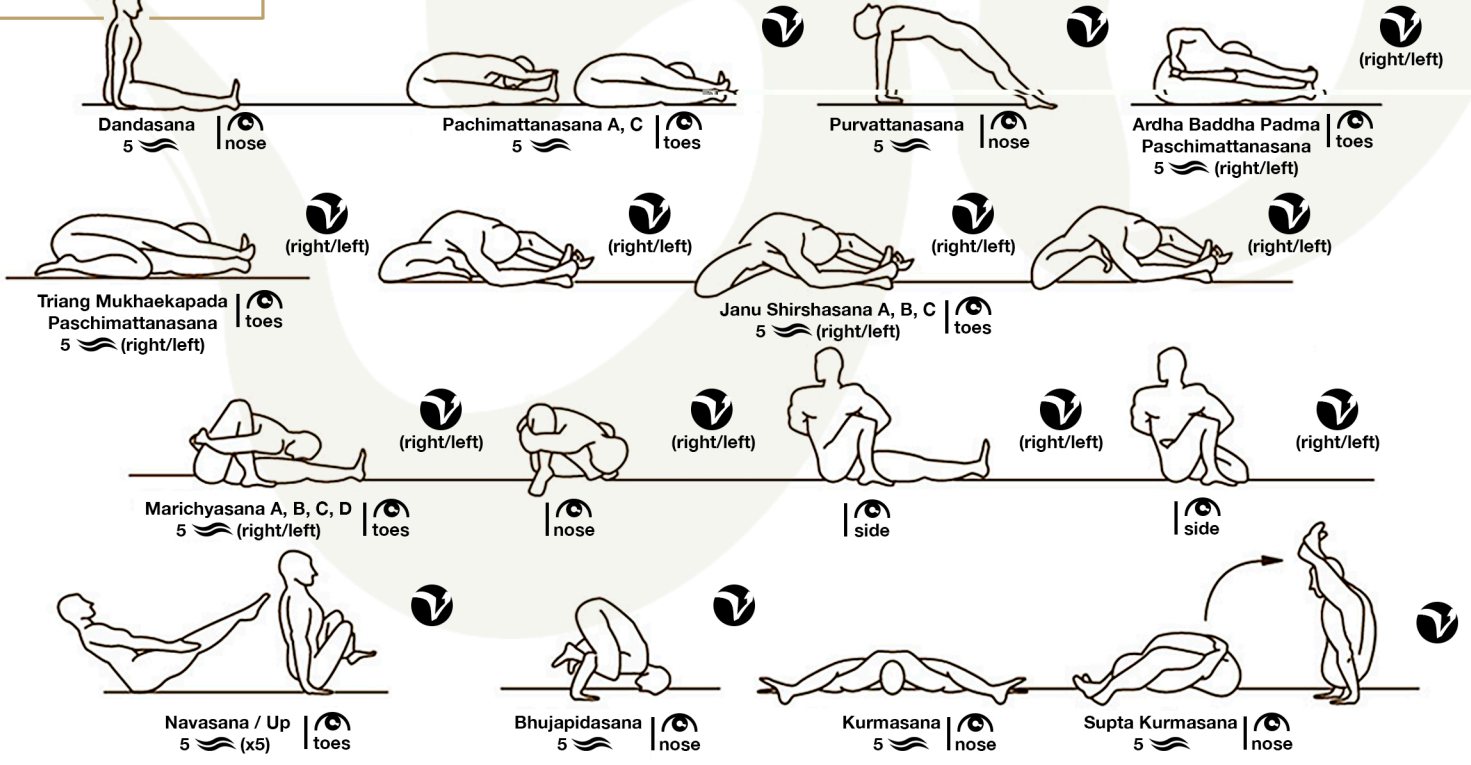
ॐ Vande Gurunām Caranāravinde
Sandarsita Svātma Sukhāva bodhe
Nih sreyase Jāngalikāyamāne
Samsāra hālāhala mohashāntyai
ābāhu purusākāram
Shankhacakrasi dhārinam
Sahasra sirasam svetam
Pranamāmi patanjalinm ॐ

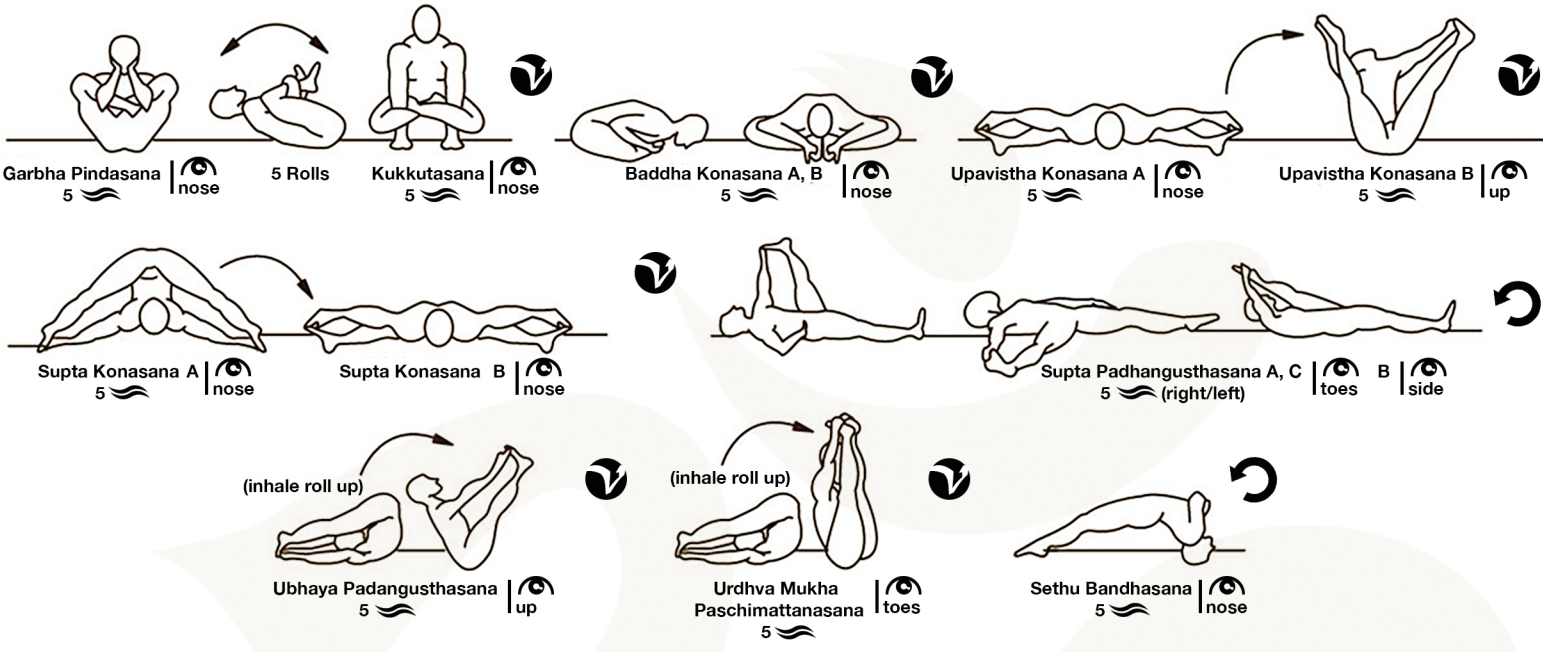


Standing Postures

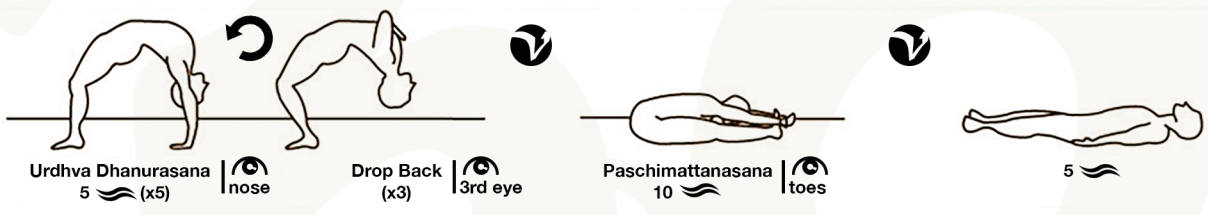


Primary Series

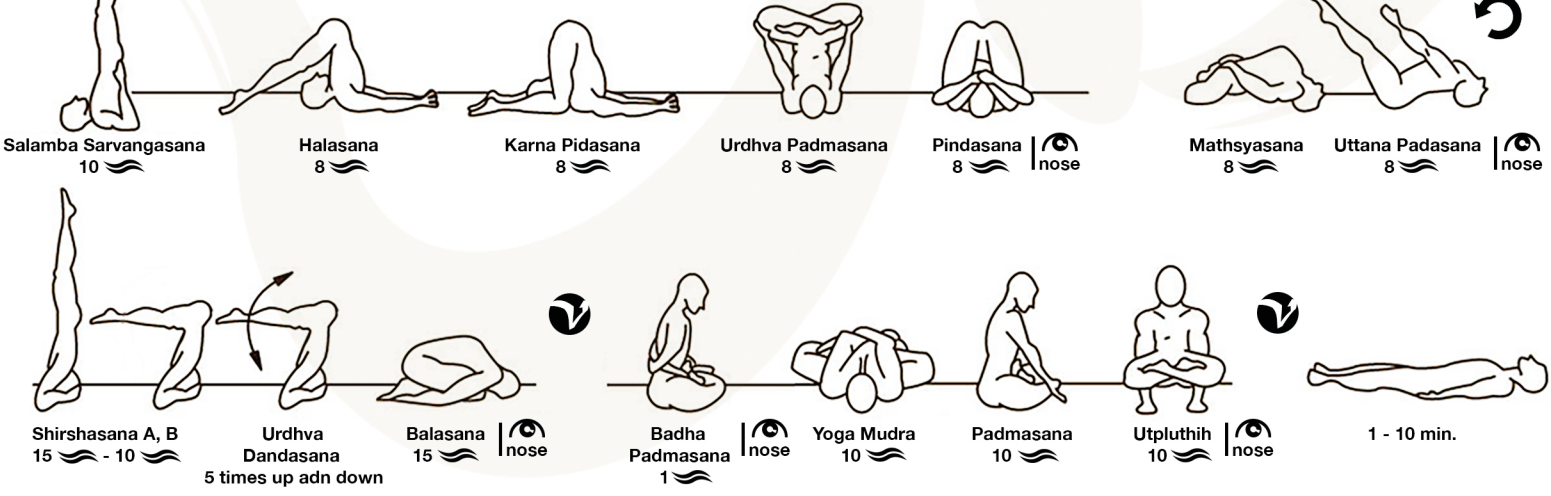




Back Bending



Closing Sequence



ॐ Svastiprajābhyah Paripālayantām / Nyāyena Mārgena mahīm Mahisāh
Gobrāhmanebhyah Subhamastu Nityam / Lokāssamastāh Sukhinobhavanthū

ॐ Sāntih, Sāntih, Sāntih



"This sheet is to help for memorize the sequence of the Primary Series and basic vinyasa, in no way to learn how to make a new asana, which must be learned under the supervision of a qualified teacher"

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